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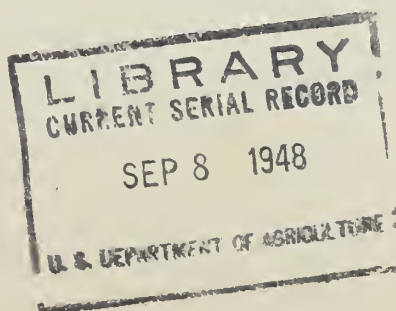
# *School Lunch Recipes Using Dried Whole Eggs*

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## SCHOOL LUNCH RECIPES USING DRIED WHOLE EGGS

Though dried whole eggs may be used in most recipes calling for eggs, these new recipes have been developed especially for the use of dried eggs in a variety of ways. The main dishes conform to protein requirements for Type-A meals set up by the Production and Marketing Administration.

### When you cook with dried eggs

- \* Dried whole eggs are eggs which have been broken out of the shell and have then had most of the water removed. When using dried egg powder in cooking you need to put back the water that was taken away during drying, that is, reconstitute the dried egg.

In most recipes it is best to reconstitute the dried egg before using. When making quick breads and cookies, however, sift the dried egg with the other dry ingredients. Then add the water needed to reconstitute the dried egg with the other liquids in the recipes.

- \* In whatever way you use dried egg, it is important to cook with low-to-moderate heat and avoid overcooking. Use dried egg only in recipes that require cooking--not in egg-milk drinks, mayonnaise, etc.
- \* Keep unopened cans of dried egg in a cold place. Once the cans have been opened, cover tightly, and keep cold and dry. Dried eggs will absorb moisture and odors if not tightly covered.
- \* Mix only the quantity of dried egg needed for the recipe being prepared, as the reconstituted powder will not keep.
- \* 2 tablespoons of firmly packed dried egg powder with 2-1/2 tablespoons of water equals one whole egg. One standard measuring cup of firmly packed dried egg powder with 1-1/4 cups of water equals 8 eggs. These equivalents are based on medium-size eggs weighing on the average 22-1/2 ounces per dozen.

These recipes have been so arranged that they can be cut apart and added in the proper place in the card file "School lunch recipes for 100."

General information on use of dried eggs is also given in -

School lunch recipes for 100, PA-18, U. S. Department of  
Agriculture (Card number A-6, Dried egg)

Cooking with dried eggs, AIS-28, U. S. Department of Agriculture.





## MACARONI-CHEESE LOAF (WITH DRIED EGG)

Main Dishes

100 Portions	Ingredients	Portions	Cost
1-3/4 pounds	Macaroni		
4-1/2 cups	Water		
1-1/8 pounds (4-1/2 cups)	Dried egg		
1/2 pound	Green pepper		
8 pounds	Cheese		
1/4 cup	Finely ground onion		
4-1/2 quarts	Hot milk		
3 tablespoons	Salt		
1-1/2 cups	Chopped parsley		
1-1/2 gallons	Medium white sauce (see School Lunch Recipes for 100, card No. H-3)		

Portion: 1 slice 2 by 3 by 1-1/4  
inches; 1/4 cup sauce. Provides  
2 ounces protein food.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Cook macaroni until tender in boiling salted water (3 quarts water with 2 tablespoons salt). Drain.
2. Add 2-1/4 cups water to dried egg; beat until smooth. Add remaining water and beat well.
3. Finely grind macaroni, green pepper, and cheese.
4. Mix together macaroni, egg, onion, green pepper, 5 pounds cheese, milk, salt, and parsley.
5. Pour into 3 greased baking pans (12 by 18 inches).
6. Place pans in hot water and bake in a slow oven (325° F.) about an hour.
7. Add remaining 3 pounds cheese to white sauce and serve on loaf.

## SPANISH EGG AND NOODLES (WITH DRIED EGG)

Main Dishes

100 Portions	Ingredients	Portions	Cost
3 pounds	Noodles, dry		
1-1/2 pounds	Onions		
2 pounds	Green peppers		
1/2 pound (1 cup)	Fat		
3/4 pound (3 cups)	Sifted flour		
1/2 cup	Salt		
2-1/2 gallons	Canned or cooked tomatoes		
2-1/2 quarts	Water		
2-1/8 pounds (8-1/2 cups)	Dried egg		
1 quart	Milk		
4 pounds	Cheese, grated or ground		
3 cups	Fine crumbs, coated with 1/2 cup table fat		

Portion: 3/4 cup. Provides  
2 ounces protein food, 1/2  
cup vegetable.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Cook noodles until tender in boiling salted water (2 gallons water with 1/3 cup salt). Drain.
2. Finely chop or grind onions and pepper; cook in fat until tender. Add flour and 1/4 cup salt, blending well. Stir in tomatoes; cook until thick.
3. Add 1-1/4 quarts water to dried egg and beat until smooth. Add remaining water and 1/4 cup salt, and the milk. Beat well. Scramble the egg mixture, using low heat, until thickened throughout but still moist. To avoid overcooking remove from pan at once.
4. Cut egg in small pieces. Add with noodles and cheese to the tomato sauce. Pour into 3 baking pans (12 by 18 inches); top with crumbs. Bake in moderate oven (350° F.) about 30 minutes.





## CHEESE PUDDING (WITH DRIED EGG)

## Main Dishes

100 Portions	Ingredients	Portions	Cost
1-1/2 gallons	Milk		
1-1/2 quarts	Water		
1-1/8 pounds (4-1/2 cups)	Dried egg		
2 tablespoons	Salt		
1/4 cup	Minced onion		
1-1/2 gallons	Bread cubes		
8 pounds	Grated cheese		

Portion: 1/2 cup. Provides  
2 ounces protein food.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Scald the milk over hot water.
2. Add 3 cups of the water to dried egg; beat until smooth. Add remaining water and beat well. Add the salt and onion.
3. Place bread cubes in four greased baking pans (12 by 16 inches).
4. Blend the cheese into the scalded milk and cool slightly. Add to egg mixture, stirring constantly. Pour over the bread cubes.
5. Place baking pans in pans of hot water and bake in a moderate oven (350° F.) about 1 hour or until set.

## CORN FONDUE (WITH DRIED EGG)

## Main Dishes

100 Portions	Ingredients	Portions	Cost
2-1/2 quarts	Milk		
2-1/2 quarts	Water		
2-1/8 pounds (8-1/2 cups)	Dried egg		
2 quarts	Bread cubes		
3/4 cup	Minced onion		
1 cup	Chopped green pepper		
4 pounds	Grated cheese		
2 gallons	Cream-style corn		
1/2 cup	Salt		

Portion: 3/4 cup. Provides  
2 ounces protein food, and  
1/3 cup vegetable.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Scald the milk over hot water.
2. Add 5 cups of the water to the dried egg; beat until smooth. Add the remaining 5 cups water and beat well. Add the other ingredients to the egg, blending in the scalded milk last.
3. Pour into four greased baking pans (12 by 16 inches) and set in pans of hot water. Bake in a moderate oven (350° F.) about 1-1/4 hours or until set.



# SALMON LOAF (WITH DRIED EGG)

Main Dishes

100 Portions	Ingredients	Portions	Cost
1-1/2 pounds	Rice, uncooked		
1-1/8 pounds (4-1/2 cups)	Dried egg		
1-1/2 quarts	Water		
2 quarts	Milk		
5 tablespoons	Salt		
10 No. 1 cans (8 pounds)	Salmon		
1/2 cup	Lemon juice		
1-1/2 tablespoons	Lemon rind		
1 cup	Finely chopped green pepper		
1 cup	Chopped parsley		
2 quarts	Bread crumbs		
3 tablespoons	Baking powder		

Portion: 1/2 cup. Provides  
2 ounces protein food.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Cook rice until tender in 1 gallon boiling water to which 3 tablespoons of salt have been added. Drain.
2. To the dried egg add 3 cups of water and beat until smooth. Add remaining 3 cups of water. Beat well. Add milk and salt.
3. Flake salmon and combine with salmon liquid, lemon juice and rind, green pepper, parsley, bread crumbs and rice.
4. Mix baking powder with egg mixture, and add to other ingredients.
5. Pour into 3 greased baking pans (12 by 16 inches), set in pans of hot water, and bake in a moderately hot oven (400° F.) about 45 minutes.

# COOKED SALAD DRESSING (WITH DRIED EGG)

Salads and Salad Dressings

100 Portions	Ingredients	Portions	Cost
2 quarts	Water		
9 ounces (2-1/4 cups)	Dried egg		
12 ounces (1-1/2 cups)	Sugar		
3 tablespoons	Salt		
3 ounces (3/4 cup)	Sifted flour		
1/4 cup	Mustard, dry		
2-1/4 cups	Vinegar		
3 ounces (6 tablespoons)	Table fat		

Total cost \_\_\_\_\_

Yield: 3 quarts

Cost per portion \_\_\_\_\_

1. Add 1 cup water to the dried egg; beat until smooth. Add another cup water and beat well.
2. Sift together into top of double boiler the sugar, salt, flour, and mustard.
3. Stir remaining 1-1/2 quarts water gradually into sugar and flour mixture.
4. Add vinegar and fat. Cook over hot water until slightly thickened, stirring constantly.
5. Remove from heat. Cool 2 cups hot mixture about 5 minutes, then beat into egg. Blend with remaining hot mixture, stirring vigorously. Replace over hot water and cook 5 minutes, stirring constantly. Avoid overcooking.



## CORN BREAD (WITH DRIED EGG)

Breads

100 Portions	Ingredients	Portions	Cost
1-1/2 cups	Water		
5 ounces (1-1/4 cups)	Dried egg		
3 pounds (3 quarts)	Sifted flour		
4-1/2 ounces (2/3 cup)	Baking powder		
10 ounces (1-1/4 cups)	Sugar		
3 tablespoons	Salt		
2-1/2 pounds (7-1/2 cups)	Corn meal		
2-1/2 quarts	Milk		
2-1/2 cups	Melted fat (or oil)		

Total cost \_\_\_\_\_

Portion: 1 piece  
(2 by 3 inches)

Cost per portion \_\_\_\_\_

1. Add 3/4 cup water to the dried egg; beat until smooth. Add remaining 3/4 cup water and beat well.
2. Sift flour, baking powder, sugar, and salt together twice. Add corn meal and mix well.
3. Combine milk and fat, or oil, with egg and add to dry ingredients.
4. Pour into four well-greased baking pans (12 by 18 inches).
5. Bake in hot oven (425° F.) about 30 minutes, or until brown.

## MUFFINS (WITH DRIED EGG)

Breads

100 Portions	Ingredients	Portions	Cost
4 ounces (1 cup)	Dried egg		
4 pounds (4 quarts)	Sifted flour		
5 ounces (3/4 cup)	Baking powder		
2-1/2 table- spoons	Salt		
1 pound (2 cups)	Sugar		
7-1/2 cups	Milk		
2 cups	Melted fat		

Total cost \_\_\_\_\_

Portion: 1 muffin.

Cost per portion \_\_\_\_\_

1. Sift dry ingredients together twice.
2. Add milk and fat. Mix just enough to moisten dry ingredients.
3. Use No. 24 scoop to measure into greased muffin pans. Bake in hot oven (425° F.) 15 to 20 minutes.





## CHOCOLATE PUDDING (WITH DRIED EGG)

Desserts

100 Portions	Ingredients	Portions	Cost
2 quarts	Water		
1-3/4 pounds (7 cups)	Dried egg		
12 ounces (3 cups)	Cocoa		
1-1/4 pounds (5 cups)	Sifted flour		
7 pounds (3-1/2 quarts)	Sugar		
2 tablespoons	Salt		
9 quarts	Hot milk		
1 pound (2 cups)	Table fat		
2/3 cup	Vanilla		

Portion: 1/2 cup

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Add 1 quart water to the dried egg; beat until smooth. Add remaining quart of water and beat well.
2. Sift together cocoa, flour, sugar, and salt. Beat into the milk.
3. Cook mixture over hot water until slightly thickened, stirring constantly.
4. Remove from heat, cool 2 cups hot mixture about 5 minutes, then beat into the egg. Blend with remaining hot mixture, stirring vigorously.
5. Replace over hot water. Cook about 10 minutes, stirring constantly.
6. Remove from heat, add fat and vanilla. Cool quickly.

## PLAIN CAKE (WITH DRIED EGG)

Desserts

100 Portions	Ingredients	Portions	Cost
2-1/2 cups	Water		
8 ounces (2 cups)	Dried egg		
2 pounds (4 cups)	Fat		
4 tablespoons	Vanilla		
1-1/3 tablespoons	Salt		
4 pounds (2 quarts)	Sugar		
4 pounds (4 quarts)	Sifted flour		
6-2/3 tablespoons	Baking powder		
1-1/2 quarts	Milk		

Portion: 1 piece  
(2-1/2 by 3 inches)

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Add 1-1/4 cups water to the dried egg; beat until smooth. Add remaining 1-1/4 cups water and beat well.
2. Cream together the fat, vanilla, and salt. Gradually add the sugar, creaming well.
3. Add the egg and beat until light and fluffy.
4. Sift flour and baking powder together twice. Add alternately with milk to creamed mixture.
5. Pour into 2 greased baking sheets (16 by 24 inches). Bake in moderately hot oven (400° F.) about 25 minutes.





## PUMPKIN CUSTARD (WITH DRIED EGG)

Desserts

100 Portions	Ingredients	Portions	Cost
1-1/8 pounds (4-1/2 cups)	Dried egg		
4-1/2 pounds (2-1/4 quarts)	Sugar		
1/4 cup	Salt		
1-1/2 teaspoons	Nutmeg		
2 tablespoons	Cinnamon		
1 tablespoon	Ginger		
1/2 teaspoon	Cloves		
6 quarts	Pumpkin		
3/4 cup	Molasses		
1/4 cup	Vanilla		
6 ounces (3/4 cup)	Table fat		
4-1/2 quarts	Hot milk		

Portion: 1/2 cup

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Sift dried egg, sugar, salt, and spices together twice.
2. Gradually add pumpkin, stirring to make a smooth paste. Melt the fat and add to the pumpkin mixture. Add the molasses and vanilla.
3. Stir milk slowly into mixture.
4. Pour or dip into custard cups.
5. Bake in pans of hot water in moderate oven (350° F.) about 30 minutes, or until set.

## BAKED CUSTARD (WITH DRIED EGG)

Desserts

100 Portions	Ingredients	Portions	Cost
2-1/4 gallons	Milk		
2 pounds (4 cups)	Sugar		
1-1/8 pounds (4-1/2 cups)	Dried egg		
2 tablespoons	Salt		
1-1/2 quarts	Water		
6 tablespoons	Vanilla		
	Nutmeg		

Portion: 1/2 cup.

Total cost \_\_\_\_\_

Provides 1/3 egg.

Cost per portion \_\_\_\_\_

1. Heat the milk over boiling water.
2. Sift together the sugar, dried egg, and salt. Add the water gradually and blend well. Add the milk and vanilla.
3. Pour into custard cups and sprinkle lightly with nutmeg. Set in pans of hot water and bake in a moderate oven (350° F.) 30 to 40 minutes or until set.



## BREAD PUDDING (WITH DRIED EGG)

Desserts

100 Portions	Ingredients	Portions	Cost
2 gallons	Milk		
2-1/2 pounds (5 cups)	Sugar		
1 pound (4 cups)	Dried egg		
1/4 cup	Salt		
1-1/4 quarts	Water		
4 ounces (1/2 cup)	Table fat		
2-1/4 gallons	Dry bread cubes		
6 tablespoons	Vanilla		

Total cost \_\_\_\_\_

Portion: 1/2 cup

Cost per portion \_\_\_\_\_

1. Scald the milk over hot water.
2. Sift together the sugar, dried egg, and salt. Add the water and beat.
3. Remove the milk from the heat. Add fat, and bread cubes.
4. Combine the egg and milk mixtures. Add the vanilla.
5. Pour into three greased baking pans (12 by 16 inches) and set in pans of hot water. Bake in a moderate oven (350° F.) about 45 minutes or until set.
6. Serve with apricot sauce (page 9).

## PEANUT BUTTER COOKIES (WITH DRIED EGG)

Desserts

100 Portions	Ingredients	Portions	Cost
8 ounces (1 cup)	Fat		
2-3/4 pounds (5 cups)	Coarse-grind peanut butter		
1-1/4 pounds (2-1/2 cups)	Granulated sugar		
1 pound (3 cups)	Brown sugar		
1-1/2 tablespoons	Salt		
2 pounds (2 quarts)	Sifted flour		
6 ounces (1-1/2 cups)	Dried egg		
1-1/2 tablespoons	Soda		
3 cups	Milk		

Total cost \_\_\_\_\_

Portion: 2 cookies

Cost per portion \_\_\_\_\_

1. Blend together the fat and peanut butter. Gradually add the granulated sugar, brown sugar, and salt, creaming after each addition.
2. Sift together the flour, dried egg, and soda. Add alternately with the milk to the creamed mixture.
3. Measure cookies onto a baking sheet with a No. 40 scoop (or 1 tablespoon per cookie) and flatten to 1/8-inch thickness. Bake in a moderate oven (350° F.) 10 to 15 minutes.



## APRICOT SAUCE (WITH DRIED FRUIT)

100 Portions	Ingredients	Portions	Cost
2 pounds	Dried apricots		
3 quarts	Hot water		
1-1/2 pounds (3 cups)	Sugar		
1 teaspoon	Salt		

1. Cut apricots into pieces. Cover with the water and soak overnight or until plump.
2. Add the sugar and salt; simmer 1 hour or until soft.
3. Put fruit and liquid through a sieve and beat until smooth.
4. If desired, 1/4 cup of lemon juice may be added.

Portion: 2 tablespoons                      Total cost \_\_\_\_\_

Yield: 3 quarts                      Cost per portion \_\_\_\_\_

## CUSTARD SAUCE (WITH DRIED EGG)

100 Portions	Ingredients	Portions	Cost
1 gallon	Milk		
6 ounces (1-1/2 cups)	Dried egg		
12 ounces (1-1/2 cups)	Sugar		
1 tablespoon	Salt		
1/4 cup	Cornstarch		
2 ounces (1/4 cup)	Table fat		
3-1/2 table- spoons	Vanilla		

Total cost \_\_\_\_\_

Yield: 1 gallon

Cost per portion \_\_\_\_\_

1. Add 1 cup milk to the dried egg; beat until smooth. Add another cup milk and beat well.
2. Scald 3 quarts milk over boiling water.
3. Sift sugar, salt, and cornstarch together and mix to a smooth paste with remaining 1/2 quart milk. Beat into scalded milk and add fat. Cook until slightly thickened, stirring constantly.
4. Remove from heat. Cool 2 cups hot mixture about 5 minutes, then beat into the egg. Blend with remaining hot mixture.
5. Replace over hot water. Cook about 8 minutes or until mixture coats a spoon. Avoid overcooking. Remove from heat and add vanilla.

